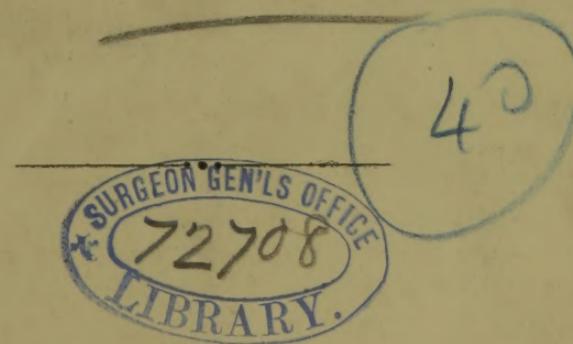


THE  
MOVEMENT CURE:  
WITH *Presented by*  
*the Author*  
CASES.

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# THE MOVEMENT CURE.

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At the request of many gentlemen and ladies who have been treated by the "Movement Cure" at this Institution, but who, in describing it to their friends find it difficult to give them an accurate idea of it, this pamphlet is prepared. A sufficient number of cases are added to show its efficacy, and in what diseases it is most useful. The difficulty of giving a correct idea of what the Movement Cure *is*, lies in the danger of its being confounded with gymnastics, calisthenics, etc., to which it has no resemblance, either in principle or manner of application, and to the difficulty of describing a *movement* without at the same time *seeing* it. Any thing more than to give a general popular idea, will not be attempted in this pamphlet. Those who wish a full exposition of the subject are referred to a forthcoming work on the "Theory and Practice of the Movement Cure," in which will be given the science of the Movement Cure, embracing the special physiological effect of every movement, with particular directions for the treatment of those diseases in which it is applicable. It is only necessary to say here, that Peter Henry Ling, the originator of this system, was a Swede; that his system has been practised in Sweden in an institution sustained by government for nearly forty years, and that it has received the highest commendations from several governments, commissions of inquiry, and physicians of the highest standing. Its claims to public and professional confidence being established on the solid basis of modern anatomical, physiological, and pathological knowledge—facts of science about which there can be no dispute—as well as the remarkable results produced in the cure of many forms of

chronic disease, it needs only to be known to be appreciated. During the time that it has been practised in this country—after the writer had studied it in several European institutions—the Movement Cure has received the unqualified approbation of the first physicians in this city, both homeopathic and allopathic, several of whom are in the constant habit of sending certain classes of patients to us for the benefit of this treatment. A system of practice that consists in strengthening the various organs of the body by means of bodily movements, must be especially useful in this country. Here, where one half of the people are dyspeptic; where almost every business-man has constipation; where a large proportion of all boarding-school girls have some form of spinal curvature; where the women are weak, sickly, and prematurely old; where all manly sports for boys, and invigorating exercise for girls, are studiously avoided; the only rational means of restoring the general and individual health of bodily functions, is through such a treatment as that of Ling's. Gymnastics, though crude and unscientific, may be very proper and beneficial for the well; but they are too violent, too general for special purposes, too indiscriminate; the physiological effect of each motion is too little understood by the gymnast, to be efficacious or even safe for the sick. Those disorders so common in this country, arising from relaxations of various tissues, as prolapsus of the uterus and falling of the bowels, with their attendant symptoms, can be cured only by giving strength to the organs, and the muscles and tissues that should sustain them in their places, by a course of Movement Cure treatment.

#### HOW THE MOVEMENTS ARE GIVEN.

After thoroughly examining the patient and ascertaining what organs are affected, and *how* they are affected, paying special attention to the course of the circulation of the blood; seeing the exact anatomical relations of all the organs; whether the chest is contracted, or the shoulders stooping, or the abdomen relaxed and pendulous, or hard and contracted, or the liver enlarged, or the stomach sunken; seeing if the feet are cold, and the head hot; if there is pain in the head or sides, soreness of the throat or other part, the character of the respi-

ration, etc.: then a *prescription* is written out of such movements as are indicated by the symptoms. Ten or twelve different movements are given, with rests between each, the whole occupying about one hour. The patient is placed in a certain position, as standing, sitting, lying, or other attitude, the arms, legs, and trunk, being so situated that when a slow, gentle movement is made in a given direction, the force or fulcrum of the movement is concentrated on the part or organ desired, causing a distinct characteristic impression to be made in the desired direction. It may be to increase or decrease the flow of blood towards that part; to stimulate or repress vital activities; or to cause absorption or new-formation in the tissues, according to the *character* and quality of the movement given. Such a movement is made to affect the chest or abdomen, the spine or the extremities, etc., as the case may be. Or more locally, the liver, the heart, the spleen, the uterus, the head, the feet, or any other designated part, is affected in some definite manner. Then, besides, there are many *passive* movements, such as kneading the abdomen, vibrating the chest, or the liver, or spleen, percussion along the back, pulling the arms and legs, rotation of the joints, etc., etc. But in all cases the *character* of the movements depends upon the case to be treated; different in consumption from what they would be in asthma; different in constipation from what they would be in diarrhœa; different in suppression of the menses from what they would be in too abundant catamenia, etc. No fatigue ever follows the treatment, because they never call out but a very slight part of the patient's strength, and the feeblest can take this treatment as well as the strongest.

Bayard Taylor,\* who was treated in the institution in Stockholm, thus speaks of it: "Ling's system not only aims at reducing to a *science* the muscular development of the body, but by means of both active and passive movements, at reaching the seat of disease, and stimulating the various organs of the body to a healthy action. In the former of these objects Ling has certainly succeeded; there is no other system of muscular training, that will bear comparison with his. . . . . On entering the hall, on the first morning of our attendance, a

\* Northern Travel, p. 202.

piece of paper containing the movements prescribed for our individual cases, was stuck in our bosoms. On inspecting the list, we found we had ten movements, and no two of them alike. . . . There was no voluntary exercise . . . . every body was being exercised upon." . . . . "During the time of my attendance, I could not help but notice the effect of the discipline upon the patients, especially the children. The weak and listless gradually strengthened themselves ; the pale and sallow took color and lively expression ; the crippled and paralytic recovered the use of their limbs ; in short, all, with the exception of a few hypochondriacs, exhibited very marked improvement. The result of my observations and experience was, that Ling's system of physical education is undoubtedly the best in the world, and that, as a remedial agent in all cases of congenital weakness or deformity, as well as for those diseases which arise from a deranged circulation, its value can scarcely be over-estimated."

## CASES.

### DISEASES OF THE CHEST.

#### CASE I.—TUBERCULOSIS.

A lady, thirty-eight years old, unmarried, was visited in the country by Dr. G. H. Taylor on the first of January, 1857. He found her extremely feeble, had been confined to her room several months, could sit up only a small portion of the day ; emaciated and suffering from daily febrile attacks and night sweats ; coughed a great deal, and raised a large quantity of purulent matter, with occasional portions of tuberculous deposit ; had raised considerable blood. Examination showed extensive disease in the left lung ; a large cavity under the left clavicle, in which the gurgling of the accumulated matter was remarkably distinct at each respiration ; another large cavity beneath the left shoulder-blade, giving similar sounds, and still another in the lower part of the same lung. There was also the mucous râil nearly all over the left and most of the right lung. On the whole, it was not a case in which it would be prudent to indulge the hope of the patient's surviving many months, much

less of her ultimate recovery. She was not in a condition to bear much treatment. He ordered her to have the room well and often aired, to be sponged with tepid water when feverish, to have the chest well rubbed with the wet hand, and, when able, to take a short tepid sitz-bath, and to discontinue her medicines. In about six weeks she had improved so much that she was able to visit New-York, when she placed herself under our care. She still retained all of her old symptoms, though in a less aggravated form. Condition of the chest about the same, was able to leave her room occasionally. Thus she continued without further improvement for several weeks, the latter part of the time with perceptible falling away and aggravation of some dangerous symptoms; had not menstruated for five months. The condition of the lungs were no better than on first examination. At this juncture, as a forlorn hope, we resolved to try the Movement Cure. Such movements were given as would cause the blood to circulate in the extremities, strengthen the general system, improve the quality of the nutrient fluids, and relieve the chest. Relief came speedy and permanent. In three weeks the menses appeared, and after two and a half months' treatment she returned to her friends in very tolerable health, and she has continued to improve up to the present time, (May, 1858.) She could walk four or five miles a day without detriment, the mucous raâls have subsided, the cavities in the lower and central portions of the left lung have healed, and the one beneath the clavicle is very much improved, though it still causes her to cough and raise at times. Her circulation is uniformly good, and to her friends she presents an appearance of sound health, and she has every reason to expect to attain the ordinary length of life.

#### CASE II.—GENERAL WEAKNESS, WITH SYMPTOMS OF LUNG DISEASE.

This was a very amiable unmarried lady, thirty-two years old, who had always been more or less delicate from her youth up. The catamenia had never been properly performed, occurring at long intervals and scantily. For the past five or six years she had been in very poor health; pale expression of countenance, inability to take exercise, accompanied with

tightness across the chest, pains in the sides, and slight hacking cough, and slight expectoration. At one time she raised a little blood. She had but little hopes of benefit when she placed herself under our care. The treatment by movements commenced in March, 1857, and continued for about three months, when the menses became, *for the first time in her life, perfectly regular.* The treatment was continued about half of the time till November, and she continued to improve in all respects. Nearly all her former alarming symptoms had subsided, she could endure considerable exercise and fatigue, the color returned to her cheeks, her spirits were buoyant, and the last time I heard from her, she continued in very fair health. This case had no other treatment of any kind but the Movement Cure.

#### CASE III.—DISEASED LUNG.

W. B. was a young man, eighteen years old, always delicate, tall, slim, and narrow-chested. Two years before he had a severe sickness, caused by inflammation of the lungs, from which he never fully recovered. He had a severe cough, expectorated largely, and was weak, sad, and desponding. The result of examination was, that nearly the whole of the right lung was hepatized, large patches of the lower portion being entirely impervious to the air; that side of the chest being considerably contracted.

His circumstances were such that he could stay only five weeks, but his improvement was marked from the first. During his short stay he gained in strength and spirits rapidly; coughed and expectorated much less, his chest expanded, and when he left, the normal respiration was heard over the entire chest, though feeble in those parts that were previously impervious. He left to perform the duties of a clerk in a store, and at last accounts was doing well. I should have added that besides his movements he took a short sitz-bath and chest-rubbing daily, to stimulate respiration.

#### PARALYSIS.

##### CASE IV.—PARALYSIS OF LEFT ARM.

This is a little girl, eleven years old, sent to us by Dr. Marcy. About six years ago she had an attack of brain fever, which caused paralysis of the left side. She gradually recovered, ex-

cept the left shoulder and arm remained paralyzed down to the elbow. She could use her fingers somewhat, but had no power of moving the arm at the shoulder or elbow joints, but it hung lifeless and motionless by her side. The muscles were much wasted, especially the Deltoid and Biceps flexor. Indeed, in these muscles there could not be perceived the slightest tremor of muscular contraction with the greatest efforts. The treatment has continued about two months and a half, and now the little girl can move her arm in all directions, though in some cases still feebly. Muscular contractions are now plainly seen and felt in the Biceps and Deltoid muscles whenever she attempts to use them, and though she can not yet quite lift the whole weight of her arm to the head, she can do so with very slight help, and will in time get the entire use of the arm. I should have said that the size has considerably increased. She still continues treatment.

#### CASE V.—PARALYSIS, WITH MUSCULAR WASTING.

M. E. B., a little girl from Rhode Island, seven years old, came under my care the third day of March last. When one year and a half old she met with a fall which brought on a gradually developed paralysis of the right side. Of this, however, she recovered so far as to get nearly perfect use of the right hand, though it is somewhat the smaller of the two; but the right leg, after the first efforts towards recovery, seemed to get no better, but rather grew worse. It was one inch shorter than the left, and very small and feeble. She often fell down in walking, and could not sustain the weight of the whole body on it for a single moment; whenever she attempted to do so, it would immediately give way, and precipitate her to the floor; there was great relaxation of the ligaments of the foot and ankle, the toes were drawn down towards the heel, particularly when she was excited; indeed, the bones of the foot were so loosely held together, that they could be easily moved upon one another with the fingers; and there was general indication of relaxation in that leg. She was under treatment about two months and a half, and can now use that leg with very great facility and strength. It has grown larger and stronger, being now able to sustain the whole body with ease, even while

courtseying upon it, till the leg is at right angles with the thigh, and then raise into the upright position again ; the foot is natural-shaped, and the former relaxation about the ankle and foot is nearly gone. This case had also a lateral curvature of the spine to the right, caused by the short leg and weakness of that side, but it was entirely removed by the treatment, and a recurrence prevented, by causing her to wear a cork sole on the right foot, so thick that the right hip is of the same height as the left. She left treatment and returned home nine months ago. I have just heard that she has continued to improve, till now, the previously deformed foot is sometimes mistaken for the other, its size and shape are so nearly perfect.

### HERNIA.

#### CASE VI.—INGUINAL.

We have had only two cases of hernia treated by movements, both of which have resulted in perfect restoration. One was in a gentleman of twenty-one years, who had been obliged to wear a truss for double inguinal hernia ever since a small child. The treatment consisted in such concentric movements as would strengthen those muscles, the fibres of which form the inguinal ring, so as to close the opening through which the contents of the abdomen escapes. After about six weeks' treatment, he left off his truss, and for the last six months has been entirely well. The other was a recent case in a gentleman of thirty-five; was not severe, and yielded readily to the strengthening effects of the movements given.

### DEFORMITIES.

#### CASE VII.—LATERAL CURVATURE OF THE SPINE.

L. F., a girl thirteen years old, had been growing crooked for the past year or more. It was a well-marked lateral curvature to the right. Bad positions at school and muscular weakness and retractions were the probable causes. The deformity was plainly to be seen by the casual observer, but was neither extreme or confirmed in its position, and was taken just in time to receive the greatest benefit from the treatment. Yet the spine curved considerably to the right, the right shoulder was

prominent and projecting, the head inclining, etc. She has now been under treatment four weeks, and is perfectly straight of the lateral curvature, the shoulders are even, the head higher, and her position correct. She will continue the treatment a while longer to more thoroughly confirm the cure. But it must not be supposed from this case that every case can be cured so easily. In most cases that reach us they have remained so long, and been subjected to so many kinds of treatment, that a perfect restoration of the form is impossible. Yet *even in the worst cases* there can generally be some improvement of figure and much relief given.

#### CASE VIII.—POTTS' DISEASE OF THE SPINE, WITH PARALYSIS.

This is a little boy five years old, presenting the most unfavorable condition to treat. He had been affected for two years, but for the last two months before I saw him, he had grown rapidly worse. His spine, just before I saw him, in the centre of the dorsal region seemed to project within a short period of time, rapidly backwards as though the carious bones had just given way, followed by greatly diminished power in his lower extremities, which want of power continued to increase, till, in a few weeks after coming under our care, he lost the entire use of his legs. Besides the projection backwards, there was also considerable lateral curvature to the left. He was pale, haggard-looking, at times feverish, with fickle appetite and irregular bowels. He had been taken to the best surgeons in the country, not one of whom gave any assurances of recovery, but had no treatment of any importance till he was placed under our care on the 15th of September, 1857. It must be recollect ed that at this time he was growing rapidly worse, and had changed considerably in the last six weeks; the deformity, especially, had increased. Being only able, after the first few weeks to lie, not being able to either sit or stand, and the disease in an active state, there was but little chance to try the efficacy of the specific movements. The treatment was directed towards securing a better circulation in the extremities, a better quality to the blood, and more perfect nutrition, and strengthening of the muscles of the back, so as to relieve, so far as possible, the point of disease from pressure. After

seven months' treatment the benefit received is marked. The posterior projection has not increased, but remains just the same; the lateral curvature is entirely cured; his appetite is regular and natural, and bowels regular; he is more fleshy, his arms have increased in size, and he is very strong in them; his countenance is fresh and animated, and he is as playful as any boy of his age that is perfectly well; there is some improvement in the use of the legs, and a much better circulation in them. His recovery will be slow. This case, and the one immediately preceding, illustrate the utility of the Movement Cure in the *most* favorable and the *least* favorable forms of disease and distortion of the spine. I believe that *every* case of curvature of the spine may be more or less benefited by the Movement Cure, but only a few—those taken early, can be *perfectly* cured so that no deformity will remain. Out of the large number of spinal distortions treated at this Institution, *every one* of which has been very much benefited, even when of many years' standing, it is not necessary to select any more cases. It is sufficient to say, that this treatment is diametrically opposed to mechanical support of any kind, which only serves to weaken still more the already feeble muscles, and confirm their contractions and relaxations, while the Movement Cure seeks to restore them to their natural healthy condition, by which alone the spine can receive adequate support.

#### CASE IX.—DEFORMITY OF THE CHEST, WITH SPINAL CURVATURE.

This was a little boy eight years old, previously healthy, sent to me through the kindness of Dr. Marcy, to be treated for contraction of the right half of the chest. It appears that about a year before, he had had an attack of inflammation of the lungs, from which no doubt he dated his disease, though his parents, having recently discovered the deformity and seen it rapidly increasing, thought it had suddenly come on and were in great alarm. The right half of the chest was exceedingly small and contracted, and the left side correspondingly enlarged; so much so, that he was considerably bent to the right, making from this cause quite a curve to the left in the upper part of the dorsal spine. The sternum also was thrown far out on the right side and depressed on the left. The position of his head

was very awkwardly thrown to one side from this cause. I saw him only three times, (in June, 1857,) and taught his father and mother such movements as the case required. They then left for the country, promising faithfully to carry out the prescription. Late in the fall of that year, they called to thank me, saying that he was completely restored in form; the two sides of the chest were alike, there was no curvature of the spine, and he was in the most perfect health.

### MISCELLANEOUS.

#### CASE X.—SUPPRESSION OF THE MENSES.

A young lady, eighteen years old, naturally of good constitution had for several years past been in one of those American hot-beds of disease and premature death, a *fashionable* boarding-school. Naturally intelligent and amiable, she had yet contracted the most pernicious habits of eating the most crude and indigestible substances; had a most inveterate constipation; menstruated only once in several months; was pale, with bloodless lips, and coughed incessantly. Besides the movements appropriate in her case, she was ordered sitz-baths, and occasionally, as she grew stronger, the wet-sheet pack was added with great benefit. After about three months' treatment, this case resulted in a perfect restoration to health. All of the unfavorable symptoms entirely disappeared. Appetite became regular, and the craving for improper substances gone; the cough ceased entirely; the bowels became regular; the monthly illness came on at proper times, and was natural and healthy; the color came to her cheeks, and the before listless young lady, became the life and soul of the house.

#### CASE XI.—WRY NECK.

This was a lad ten years old, sent by Dr. McVicar, to be treated for wry neck. He was tall and slim, with light complexion and hair; precociously fond of his books; exceedingly nervous, irritable, and agitated by any thing unusual. His deformity was brought on by the scarlet fever, which he had had a year before. The head was so far twisted to the right side

that he could not look straight forward without great exertion. His cure was speedily accomplished. After three weeks' treatment by movements, he left *cured*, not only of the wry neck, but of the excessive nervousness also.

#### CASE XII.—DISEASE OF THE HEART.

A young man, aged nineteen, was brought to us to be treated for disease of the mitral valves of the heart. When only six months old, he had an attack of rheumatism, and had had occasional and severe attacks of the same disease ever since. Several years before, he began to have palpitations, shortness of breath after rapid exercise, and other symptoms of disease of the valves of the heart; he suffered from cold hands and feet; there was some enlargement of the chest over the region of the heart; pulse irregular, and on auscultation, the bellows sound was very distinctly heard at each pulsation. So little hope had his friends that he would live, that his father had never attempted to govern him, but, to use his own expression, had “let him run wild, paying very little attention to him.” But his mother having more hope, brought him to us for three months’ trial of the Movement Cure. The treatment was principally directed to securing a better *capillary* circulation, especially in the extremities, thus relieving the heart’s action and preventing cardiac and pulmonary congestions. After remaining only two months, (instead of three,) he was so much improved that, on our advice, he was taken away to enter into some active employment. In this case derivative baths were also employed.

#### CASE XIII.—FALLING OF THE WOMB AND PROLAPSUS OF THE BOWELS.

This was a very lovely lady, who having lived in a malarious country for a long time, had been subject to malarious diseases for many years, till her constitution had become so weakened and strength so exhausted, that the above difficulties were brought on. There was great prostration; the prolapsus uteri gave her much trouble; the bowels protruded at times several inches. There was also inveterate constipation.

Her husband had employed the best physicians in the city without any benefit to his wife, and finally came to us almost in despair. The treatment was often interrupted by recurrence of chills, but after four months' perseverance, she was completely restored of the local troubles, and well enough to manage without inconvenience, her own household affairs.

#### CASE XIV.—LOSS OF POWER.

This is a very remarkable case, as illustrating the control this treatment has over innervation, in assisting volition to accomplish its purposes.

Miss C. had suppression of the menses for nine months, and during the last four months she had been confined to her bed. She could neither walk, stand, or even sit up erect. During all this time she had been treated by some of the most eminent physicians in the city, but with no perceptible benefit. Her last physician,\* finding his treatment wholly unavailing, sent for me to try the virtues of the "Movement Cure." I found a beautiful young lady of nineteen, lying on her couch, wholly unable to assume any other position. She was not wasted, but her limbs, though plump, were soft and weak, and though she could use the arms with tolerable facility, the lower extremities refused to obey the will to any considerable extent. There was a temporary diminution of the amount of nervous stimulus that could be directed to the muscles of these parts. Treatment was commenced on the 27th of May. On the first day of June she walked a few steps alone, and in a week more she was able to walk about her room, sit up nearly all the time, and go out daily to ride. I gave her treatment twenty-five times, during which she gradually gained in strength and healthful appearance, and for the last two weeks she had the entire control and use of her limbs, in all respects, and at the end, was able to start for her home in a distant part of the country, much to the gratification of her parents and friends. She not only regained the control of her limbs, but her muscles grew daily more firm and strong, the color returned to her cheeks, her spirits rose, and she appeared well

\* Dr. J. M. Sims, of the "Woman's Hospital."

on the road to perfect health. Even if the *rationale* of treatment in this case consisted in getting control of the *morale*, as from the rapid improvement, some might suppose, still it would demand no less consideration on that account. But in this case, there was an actual inability. She was very desirous to walk, and often tried, assisted by her physician. After thorough trial, he expressed to me the opinion that she had not the power to do so. The reason was, that each effort to use her lower extremities in walking, was so much beyond her actual capacity, requiring so great an expenditure of voluntary power, as to be perfectly overwhelming, even before the first step was taken. But though she had not sufficient nervous stimuli to distribute to the *whole* lower extremities at the same time, with any considerable effect, yet she had power to move a *small portion* at a time. The treatment consisted in assisting her to get perfect control of one small portion of contractile tissue at a time, and while *all other parts were at perfect rest*. Thus at first she could move her toes only a very little ; while she made the effort to bend them more, she would be assisted to do so ; then, as her power over their movements increased, the action would be increased, by offering gentle resistance to her movements, etc. Thus, of the ankle, the knee, and all other separate parts, and finally, of a whole extremity. At the same time, the movements were such as to accelerate the circulation in the venous capillaries, and an influx of arterial blood, under the influence of which only, can innervation, or muscular contraction, take place.

Since the above was written, the young lady has entirely regained her health, and has married.

#### CASE XV.—DYSPEPSIA AND NERVOUS PROSTRATION.

Mr. J. C. I. was for many years the managing partner of a large commercial business, involving millions of capital, with results so often witnessed in this country. All at once, his health "broke down;" he was obliged to give up business; became depressed in spirits; was troubled with indigestion and great weakness in the stomach and bowels. He had tried various kinds of treatment, and had spent the last year or two at Water-Cure establishments, but without benefit. His treat-

ment began on the last of September, 1857, and continued with some interruptions, for five months, when all his old troubles had entirely vanished. He has now great strength, is in good flesh, digests his food well, and is an excellent picture of genial good humor.

#### CASE XVI.—CONSTIPATION.

The wife of a naval officer had suffered for seven years from constipation of the most obstinate kind, and from which no means could give relief. So great were her sufferings in this respect, that she insisted that there must be a stricture on the rectum, which examination proved was not the case. She had become poor and wasted; the skin was sallow, her complexion sickly, and her appetite variable. She was treated by the movements only one month, but *after the first week*, her bowels became regular, and from that time she rapidly gained till her health seemed perfect. Her complexion became clear and healthful, and she gained flesh and youthful appearance rapidly. It is now about seven months since she left, but her sister tells me that she is still enjoying perfect health.

#### CASE XVII.—CHRONIC DIARRHEA.

Mr. G., a native of the South, had been an invalid for fifteen years. While opening a plantation in Arkansas he acquired the congestive fever of the country, which left him feeble, with enlarged liver and spleen, and general prostration, to which was added a chronic diarrhoea of the most persistent kind. For seven years he was obliged to have constant recourse to opiates, which, of course, only rendered the most temporary relief, after which the malady would break out with renewed violence. He was thin in flesh, hands and feet cold and bloodless, and the quality of the circulating fluids was very low. He had tried gymnastics, but was made worse by them. Such a case does not seem, to those unacquainted with the treatment, to be very favorable for the Movement Cure. But the reverse is the fact. All *functional* derangements are more perfectly reached by the specific effects of the movements than any other class of cases. By operating *through* a particular function, to correct its abnormal manifestation, is the most rational, as well as the most successful,

method of procedure. This gentleman commenced treatment on the 13th July, 1857, and continued three months. The treatment was directed to equalizing the circulation in the extremities, stimulating the action of the liver and spleen, and preventing and removing venous stases in the abdomen and portal system. Slowly at first, more rapidly afterwards, as the system had time to respond to the physiological action of the movements, he began to improve. After three months' treatment, he left in good health. Several months later he wrote to us that he had travelled three hundred miles on horse-back and four hundred miles on foot, and that his power of endurance was very great.

#### CASE XVIII.—WEAKNESS OF THE ANKLE.

This is the case of a gentleman who, by a succession of accidents two years before, had injured his ankle at various times till inflammation set in, which caused it to be so much swollen and so painful that he was not only deprived of the use of it but was actually laid up for a long time. After the inflammation subsided, he still had no strength or ability to use it, and had remained so for a long time. The condition of his general health was bad. Had lived in New-Orleans for twenty years, had had the yellow fever, was habitually and inveterately constipated, and there was imperfect nutrition generally. Passive movements at first were used for the weak ankle, such as rubbing, stroking, rotation, etc., and afterwards stronger duplicated movements, besides those indicated by the state of the general health. He *came* on crutches; in two months he *went away* without even a cane, and his general health, besides the lameness, was very much improved.

Several ladies troubled with weak ankles, with a liability to turn the foot suddenly inwards or outwards at any slight misstep, have been readily cured of this difficulty by the use of proper movements.



